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SATURDAY, JULY 14, 1917.



That flag, men, is yours to defend!
Will you strike no blow to defend?
God help you, if such men you be!

On Probation

HERBERT HOOVER, in response to a letter of inquiry from Senator Nelson, assures the latter that the Federal government has no intention of taking over immediately the country's industries when the food control bill is enacted. This action will depend on the conduct of said industries. If they comply with the letter and spirit of the law, there will be no necessity for taking that step to protect the public from greed. The purpose of the pending legislation is not to eliminate private control, but to so regulate its power as to prevent exploitation of the public. In other words, big and little business alike having to do with foodstuffs distribution will be put on good behavior, in default of which they will be dealt with.

If Austria doesn't quit changing its Cabinet so often, it will have to take men from its army to fill the vacancies in Vienna.

"Tote 'Em Yourself"

"THE merchants of Richmond, Va., have done brave service to the need for war economy. By adroitly drafting that good old Saxon word 'tote,' they have injected homely vigor into a campaign which needs energizing," says the Chicago Herald.

We accept the compliment on behalf of our merchants, and we promise our contemporary that our people will heed the injunction. Of course, we do not expect them to tote barrels of flour home or otherwise burden themselves, but they will readily see the economy of carrying away from our stores the smaller packages, reducing the volume of the expensive and wasteful delivery service.

Toting our bundles home is only one manifestation of Richmond's willingness, yes, eagerness, to contribute what it may to the country's needs. Witness our Liberty bond investments, our Red Cross subscriptions and our endless garden plots. We have turned our back on no appeal which our government has made, and we shall turn our back upon none.

Getting wheat from Uncle Sam for the purpose of trading it to Germany may be a fair exchange for the neutral, but it is high-handed robbery of the wheat producer.

A Pang to Soldiers' Wives

THE news that the War Department has asked the State Department not to issue passports for Europe to women relatives and friends of the troops who are to be sent to France has brought a disturbing emotion to many a woman's heart. When Pershing's men were about to sail, the wives, mothers and sweethearts of the troops bombarded the department to get permission to go to Paris, so as to be able to see their menfolk on leave of absence.

No person can journey to the warring countries in Europe without a passport, and the department is convinced that nothing would do more to demoralize the American troops than the temptation to run over to Paris every week-end to see their womenfolk. Many of the troops in their first months' services are sure to be attacked by homesickness, and a man's home is wherever the woman he loves is. This taking the American army to a foreign land to fight has already become one of the emotional sacrifices of the war, and it will grow with the months, and the women will have to bear the burden of it, for the men will be in action. But there is no woman who knows better how to bear it than the American woman. She never murmurs over her duty.

The United States Attorney-General says that all the German-Americans have to do is to obey the law and keep their mouths shut. It will require a strict enforcement of a stringent law to make them do the last.

A Dearth of Doctors

THE complaint comes from a number of communities in Virginia that the family physicians are being called away for military training, and the people are being left without adequate medical service. In one community there was no physician at hand to attend a man ill with typhoid fever, and the physicians in the adjoining neighborhood were too overworked and ill to travel.

The government has been criticized quite severely by some medical writers for not more promptly calling out the doctors for military training. It is absolutely necessary that a general practitioner undergo a thorough training to become an efficient army physician

or surgeon, and the training requires time. But from reports it appears that the government has called some of the doctors to train without having made provision for a redistribution of the profession so as to safeguard the public health. There is a sufficient number of doctors for both home and military services, and every man in the profession should at once be registered by the government and all doctors needed for the army and the Red Cross should be chosen by select draft. The government and the Red Cross will learn whom and where to take and whom and where not to take, and no community would then be without a doctor.

The Chicago Tribune says, "Let an orchestra strike up 'The Star-Spangled Banner' and Southerners will leap to their feet." They do, they do, but let an orchestra strike up "Marching Through Georgia" and they will leap at the fiddlers.

Our Alien Problem in War

GERMANY has honeycombed America with spies. There is said not to be a town of 5,000 population in the country without its informers; every industrial community, with its output of manufactures, is kept tab upon. And the Kaiser's propaganda is passing either openly or secretly from mouth to mouth where it does not appear in print. Innocent Scandinavian sailors have carried tons of mail matter to Germany since the beginning of the war. The government has destroyed wireless stations, but they spring up again like blockade stills, and rush news is daily cabled to Berlin by way of Mexico and South America.

To meet this German espionage, the United States government has organized and is developing one of the ablest Secret Service systems in the world; it is tightening the censorship on all cables, and is stopping all other leaks it can discover. But this German danger is one that reaches beyond the power of the Secret Service and censorship to grasp. It springs from our alien problem in this war.

There are in this country 33,000,000 persons who are either foreign born or are the children of foreign parents. Over 7,000,000 of these persons first saw the light in Europe. A large per cent of these latter cannot speak English; most of them are distributed among the industrial centers of the country. They are from all the countries of Europe now at war, and they are a restless, shifting element in our population. Many of them drift from place to place looking for work and for better wages. They have not been in this country long enough to feel patriotically attached to it. With the exception of those who have come here from Germany, the war does not deeply enough interest this alien element for it to take sides. Many of these aliens can, therefore, easily and often innocently be influenced by German agents to help further the ends of Germany in this country, just as Scandinavian sailors were induced to carry German mail without suspecting the motive of the senders.

The chief danger of this element, who is to-day largely employed in turning out munitions, building camps, loading steamers for Europe and mining and transporting coal, is to be found in the event that this country should suffer a calamity or a setback in war or should it suffer a shortage of food or be cursed with serious strikes. These men and their families, under such stress, would almost certainly become tinder for German agents, and our munition factories might be crippled or destroyed. A number of them have already been blown up in mysterious ways.

The National Americanization Committee of New York has suggested what seems to be a practical solution of this alien problem. It is the organization of a central intelligence bureau for aliens with two co-ordinated services. One of these services would cover the distinctive activities of spies, plots, violations of laws, censorship and the carrying out of official orders—the repressive phase of the work. The other service would furnish information to aliens about the war in such a way as to conserve industry. It would co-ordinate instructions to aliens about enlistments, and it would direct the many efforts now being made to Americanize aliens and inculcate loyalty and love of their adopted country.

The war has already created many new bureaus, but there does not seem to be one more needed than this.

Emma Goldman's sentence of two years in prison is thought by some to be too light. But, as she will have to spend the time in Jefferson City, Mo., the punishment will fit the crime.

What the Kaiser Yields

THE Kaiser, in ordering a bill to be passed in the Prussian Diet granting equal manhood suffrage to the people of Prussia, has for the first time in his career bent before the storm of democracy that is now sweeping over the world. That he has yielded anything of value depends on what sort of a law is passed and how it is executed. If Prussia is given an honest equal manhood suffrage law, it should very materially reduce the power of the Junkers in the Reichstag; it should make the ministry responsible to the Reichstag and not to the crown. It should give the Reichstag a firm grasp of the whip hand in voting war credits. The power to vote war credits is the only lash the Reichstag now has with which to threaten the Kaiser and the military autocracy, except revolution.

What effect the Kaiser's grant will have upon the war is a matter of pure speculation. There are a score of great factors in determining the course and end of the war. But whether the Kaiser and the men around him are honest or not in yielding, one thing is certain, the war has shivered the armor of German absolutism. The Kaiser will never be allowed, like his ancestor, Frederick William IV., in 1848, to break his word. All pretensions of absolutism in this world of men have been punctured. The grace of God in a human crown has been sent to Limbo forever.

Russia, protesting against the taking off of Constantine, thinks that every nation should attend to its own business.

Constantine had followed the Russian idea, he might have been looking out of the palace windows in Athens to-day.

Britain has its V. C.; the United States, its congressional medal; France, the Cross of the Legion of Honor; Russia, its St. George's Cross; Germany, its Iron Cross. Belgium needs no medal or any insignia.

The Boston Transcript suggests that the Washington police untap a few mice around the White House gates. This would be cruelty to animals.

SEEN ON THE SIDE

BY HENRY EDWARD WARNER

A Capric Carol.

There's a little pet Angora—you have one of them, I'll bet!
It's a beast that every chap you meet is trying hard to get.
And no matter how you guard it, though you watch it night and day,
You are always agitated, lest your goat may get away!
O the anguished hours you worry, and the nights you steam and stew
In the fear that your pet Capra will elope away from you!
And it's ten to one your worry isn't worth a single whoop.
For your little pet Angora doesn't want to fly the coop.

Every fellow's goat adores him, and would like to hang around
Till the hand that feeds him rests beneath the clover-covered ground.
But somehow we all get fidgets when we see kidnapers near,
And we fret and fuss and worry with the momentary fear
That some bandit, bold and reckless, may defy our dearest moat,
And, with death-defying daring, come along and get our goat!
But the truth is, if we'd think a bit, we wouldn't have to moan.
For the other chap is guarding an Angora of his own!

Therefore, brethren, sisters, let us treat our pet Angora well;
Let us get a lot of goats, and have some extra goats to sell.
If, perchance, our goat should wander to some big, burglarious brother,
Let us grin as if we're happy, and go out and get another!
What's the use of wasting worry on a little thing like that?
Just so long as we are eating and the children getting fat?
And the purpose of this jingle is to grab care by the throat—
Here's long life to perseverance, and perdition to the Goat!

How to Chafe a Rabbit.

(Culinary Lesson, No. 2.)

Yesterday we told you how to peel and boil an egg. We shall now proceed to explain how to chafe a rabbit. To chafe a rabbit you must have a chafing dish; hence, chafe. A rabbit is not a hare, although there may often be a hair in the rabbit. That, however, is immaterial. A rabbit (correct, rarebit) is made of cheese. American cheese is preferred; Limburger is preferred. Both Limburger and Roquefort are bad cheeses for rabbit, because they attract too much attention. Having created your atmosphere by procuring the cheese, you run it through a sausage-grinder, mix No. 2, into a bowl, platter or derby hat. Magicians prefer derby hats.

You now add milk to suit, sorghum (New Orleans black strap) and a gill of kerosene. Cook slowly over a flame, or fire, as preferred, until it bubbles. Then add salt, pepper, mustard, caraway seed and mint. Stir hastily with a spoon until exhausted. Then pour on crackers, let stand until cool, throw into the garbage and open a can of sardines for the company. Warning: never eat a rabbit; rabbits are only to show off your rounded arm while working the chafing dish.

To-morrow's lesson: "How to Make Biscuits."

Charcoal Eph's Daily Thought.

"When a man givine downhill," said Charcoal Eph, "he hooked a pickle, 'everybody done got out' de way; but o'f'n he givine up 'o' navah see nobody pushin'; no suh! Try some o' disher huckleberry, Mistah Jackson."

Poor Punning.

Yon chap must drink a bitter cup
And wear a frown.
Because the boss just called him up
To call him down.

Relative.

"And you say," said the judge, "that you have known this man for years, and that he is temperate in drink?"
"Well, judge," said the witness, "what I do say is, I've never seen him so drunk he couldn't make a sign for another!"

Rather.

As between the Czar of Russia, the Emperor of China and the Kaiser, we'd rather be the President of the United States!

Ye Modern Girl.

"Mary! Mary! throw down that novel; get up off the couch and fix your hair. Here comes your father!"
"Goodness, gracious, mother! Quick, let me have the broom and duster, and you go to bed with a headache!"

The Movies.

If I had a chance to act in the movies, I'd like to be the fellow who comes home late from a party and makes his wife suspicious. I hate realism, anyhow!

Wishing.

Two hoboes on the park bench:
"You know wot I wight, Skinny?"
"Aw, wot?"
"I wight I had 't git dis hole sewed up in me pocket, so me money wouldn't fall out!"

Fate.

There are three roads: one leads ahead to fame, with rocks and tangles, and a fighting game. One leads straight back, through forest glades of doubt.
To take it, he who walks must turn about.
The third twists, turns and winds through prospects fair,
But never seems to lead to anywhere.

And though we fight or faint, or win or lose,

Man cannot stand—one of them he must choose

Books and Authors

A few days before the fatal charge of Bello-en-Santerre, Alton Seger, American poet-hero of the Foreign Legion, wrote to a friend: "We go up to the attack to-morrow. This will prove the honor of marching in the first wave. No over-shoulder, plenty of cartridges, grenades if I get through all right. If not, my only early care is for my poems. Add the ode I sent you, will have opera omnia quite existent. I am glad to be going in the first wave. If you are in this it is the supreme experience."

On July 11 the Macmillan Co. will publish a new novel by Alice Brown, entitled "Brother Neighborhood." Miss Brown has given the world many notable literary portraits, but perhaps none more remarkable than the heroine of this book. Ellen, the repressed, self-conscious, self-doubting, New England girl, who instinctively shrinks from every man connected with her, is a splendid creation. Her story, a love which induces a most interesting group of people, all splendidly delineated, is of intense appeal and told with the skill, the human sympathy, the artistry which one expects of the author of "The Prisoner." The eagerness with

which an Alice Brown book is anticipated is indicated by the fact that "Brother Neighborhood" went into its second edition, and a large one, too, more than two weeks before its publication.

Here is the creed that one who would know more about birds must learn. It is Gene Stratton-Porter's creed, based on her own extensive experience with birds and set down in "Friends in Feather" just published by Doubleday, Page & Co., an enlarged and revised edition of "What I Have Done With Birds." "In spirit, I say to you," writes Stratton-Porter, "trust me, and I will do by you as I would be done by. Your nest and your young shall be touched as I would touch a bird's nest, and I will guard your young as I would guard a bird's young. I will not touch your home and your eggs or take your little naked ones from your nest before they are ready to go, leaving them to die miserably. I shall come in colors to which you are accustomed, move slowly and softly, not approaching you too close until your confidence in me is established. I shall be more careful to feed your young what you feed them, drive away snakes and squirrels and protect you in every way possible to me. Trust me, and go on with your daily life. For what small disturbance I am causing among you forgive me, for through it I shall try to win thousands to love and to shield you."

Health Talks, by Dr. Wm. Brady

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How to Beat Old Nic.

Scientific physicians all agree that tobacco, when used by minors, that is to say boys under twenty-five, causes a measurable reduction of mental and physical efficiency. Every practicing doctor knows that tobacco is a cause of hardening of the arteries. Good authorities believe that it favors the tongue and throat cancer. And the man on the street is well aware that it produces "heartburn," stomach trouble, disturbed heart function and catarrhal conditions of the throat. Some of the most distressing cases of angina pectoris (heart pain) are unquestionably caused by tobacco and relieved only when tobacco is given up. Tobacco amblyopia (loss of vision) is well known by boys under twenty-five, almost invariably leads to moral weakness. Therefore, as a doctor, I believe it should be made a very serious crime for a boy under twenty-five years of age to have tobacco in his possession. I am speaking, if you please, not of a foe of tobacco, for I love my pipe. I speak as a physician of experience.

Some tobacco users can break the habit by an effort of the will. More require assistance. Some need advice for such assistance. I am sure that you will be well to repeat here the measures which have proved helpful in beating old nicotine.

1. Adopt a diet without meat, fish or eggs for a period of not less than three weeks. (This includes meat soups.) Meat extractives, being stimulating, whet the craving for tobacco.
2. Eat apples or other whole fresh fruits three times a day. Fruit acids diminish the craving.
3. Keep some good candy on hand and eat some of it when the tobacco grows insistent. Sugar is an immediately available source of energy, and an antidote to alcohol and tobacco appetite.
4. Avoid the association of smokers.
5. Walk two miles a day, or take fifteen minutes of gymnastic exercise at home—enough to get a little tired.
6. Rinse the mouth and gargle the throat night and morning with a very weak solution of salicylic acid (a thirty-grain 30 cc. of a pint of distilled water, kept in a bottle with a cork in the light. Use not over a tablespoonful at a time).
7. If your general condition warrants it, ask your doctor to prescribe an active tonic for temporary use, but beware of alleged tonics containing alcohol.
8. If the intestinal function is not active, take every second morning a full dose of any saline cathartic—Rheolite, Rochelle, Carlsbad salts, or any of the saline cathartics. Magnesium citrate—it doesn't matter what saline.

Follow this regimen for three weeks and you will have conquered the habit.

Questions and Answers.

The Bread and Milk Club.—It is a confession of weakness to print testimonials. But we feel it is a patriotic duty to acquaint our readers with some of the accomplishments of the B. and M. Club, and we know of no better way than to quote brief extracts from letters written by members of the club.

"I had suffered for many years from frequent sick headaches, several severe attacks every month. Since joining the B. and M. I have almost entirely recovered, seldom having even a slight headache now."

"When I had at last mastered the somersaults—a really difficult thing, if you knew my bulk—I became enthusiastic, and decided to give the Bread and Milk Club a whirl. Since adopting 'Blue Monday' into my otherwise happy life I have lost about twenty pounds and gained a husband. I shall cheerfully serve a life sentence in the Bread and Milk Club!" N. C.

"I accomplish more work with less fatigue on Tuesday, after Blue Monday, than any other day in the week. When I don't have two days of it each week, say Monday and Friday." R. D.

"A person never knows until he tries. That oppression and distress from gas has entirely gone, and I would gladly have paid \$100 for this prescription ten years ago."

Answer.—What did I tell you?

The Vagaries of Abdomens.—In inhaling should a person's abdomen go in or out? If a person's abdomen does not move when inhaling or exhaling, it is a sign that the person is not breathing correctly?

Answer.—Watch a sleeping person and see. The diaphragm is a muscle resembling an inverted soup-plate. When it contracts, it lifts the abdomen up into the chest. When it relaxes, the abdomen falls to expand when inhaling. That is a sign she should loosen her corset several notches and give nature a show. Women, from ages of abdominal splinting, breathe through the upper chest. However, abdominal breathing is still physiological, and it accounts for a lot of the peculiar sufferings of the splinted sex.

News of Fifty Years Ago

(From the Richmond Dispatch, July 14, 1867.)

James Yarrington, an old and highly respected citizen of Richmond, died in his home last night, after a long illness.

The Richmond Street Railway Company has bought, through George A. Ainslie, two elegant cars from Wilmington, Del.

Married on the 10th, at the residence of the bride's mother, Mrs. W. Woodbridge, D. D., assisted by Rev. Joshua Peterkin, L. C., Captain Charles R. Skinner, of New York, late of Richmond, and Miss Rosa L. daughter of the late Joseph Allen, of this city.

The registration in Pittsylvania County, including Danville, resulted in placing on the list of voters the names of 1,147 whites and 1,977 blacks.

The authorities of the Lynchburg and Danville Railroad advertise twenty-five miles of that road to be let for contract.

A. S. Warfield, of Harrisburg, Pa., has purchased 300 acres of land and other property in Rockingham County, and will become a citizen of this country. He will be a resident of the Pennsylvania gentleman, in selecting a place in Virginia, took pains to locate in a county that had the majority of white voters.

Public baths are to be established in Portsmouth, and Norfolk is already getting jealous of that town.

General Loran, of Illinois, made a speech in the House yesterday in which he declared that he would hang Mr. Davis had he been the officer who captured him. The left arm of the speaker was all of his Cabinet row if he could.

The Wisconsin Democratic Convention day before yesterday nominated Charles Plafondson for Governor, and adopted resolutions opposing negro suffrage in Wisconsin.

It turns out that the report that there was a serious split among the Mormons which threatened the peace of the State is positively denied. It is now said that the "saints" were never more united.

A tierce of bright tobacco raised in Halifax County, Va., was sold yesterday on the Tobacco Exchange yesterday for \$132 per hundred.

It is rare that James River gets as muddy as this season. The water is so muddy that it is thick with Albemarle County red dirt.

A NAVY FOR THE AIR

BY FRIDERIC J. HASKIN

WASHINGTON, July 12.—A warm dispute has developed in connection with the new aircraft program, over the question of who should be in charge of the building and operation of the new aerial navy. On the one hand, there are those who want to see an aviation department established, similar to the War and Navy Departments, of equal rank with these, its head to sit in the cabinet as an tenth member. On the other side is the party opposed to the creation of such a department, and in favor of keeping the aviation service under the War and Navy Departments.

Among the most prominent advocates of a separate aviation department is Rear-Admiral Percy, who was one of the first to awaken the importance of the importance of an adequate air service. Various members of both houses of Congress also favor the proposed department of aviation, as do numerous civilian authorities. A bill to create a department was introduced in Congress early in April, and now that the building program has been enormously increased, with a corresponding increase in organization and detail work, supporters of the aviation department claim that the amount of extra work would overtax the organizations of the War and Navy Departments.

On the other hand, men in high positions, both official and civilian, are opposed to the creation of a separate department of aviation. Secretary Baker and Secretary Daniels appeared before a House committee considering the question, and while supporting the new building program unconditionally, gave it as their opinion that the creation of a new department at this time would be imprudent and not in the interests of efficiency. It is understood that they compared the project to the establishment of a submarine department, or an artillery department, distinct from the Navy Department, or an aviation department, distinct from the War Department. The airplane is a weapon either for sea or land war, according to this view, and can best be co-ordinated with the work of other land and sea weapons by being kept under the same command.

So at this writing it is still uncertain whether we will have an aviation department to look after our aerial navy or not, but it does not seem probable. The views of the secretaries before the Military Committee are being given in secret, but it is understood that a complete plan has been worked out to co-ordinate the existing aviation sections of the War and Navy Departments with other official agencies already existing and still others yet to be created, into one whole, which will be capable of administering the aviation service no matter what size it may grow.

Attacked From All Angles.
The existing agencies for developing the aviation service are numerous and various. They show how the problem of aviation has been attacked in the past from numerous different angles, and also the need for bringing all these different parts into a single whole. It should be remarked that these different agencies are working together very successfully to-day, united by their common object, the same cause.

To look after the aviation service have the War Department, as represented by the signal corps; the Navy Department, represented on three joint boards; the aircraft production boards, a subcommittee of the advisory commission to the Council of National Defense; and the national advisory committee for aeronautics, which was created by act of Congress in March, 1915.

Besides these, the Department of Commerce is represented by its Bureau of Standards, which is overseeing a constantly increasing amount of the most important tests and research work. The Civil Aeronautics Board is entitled to be listed among the official agencies, for it has supplied the

Information Bureau

Inquiries regarding almost any topic, excepting on legal and medical subjects, are answered free. As all information is given directly by persons familiar with the subject, the information is reliable. For return postage, address The Times-Dispatch Information Bureau, Richmond, Va.

Rose Cecil O'Neill.
G. C. T., Fredericksburg, Va.—Rose Cecil O'Neill, or O'Neil, nee Kewell, is living. Her home is near Fort Belvoir, Taney County, Mo.

Horse Cars on Main Street.
F. L. A. Rocky Mount, N. C.—Yes, horse cars ran on Main to Fifth Street, Richmond, after 1835. The first trolley cars were operated here in 1838.

Pythian Sisters.
Reader, Keyville, Va.—The Knights of Pythias have an auxiliary for ladies' membership called the Pythian Sisters. Information as to its meeting place can be obtained from any Knight of Pythias.

Sunday School.
R. W. T., Berryville, Va.—The social conditions surrounding the children in England, England, led Robert Taft, in 1880, to propose a bill for the improvement of the Sabbath day. The marked improvement in their social conditions led to the founding of the Sunday school as a permanent religious institution.

War-Time Treasury Notes.
Subscriber, Highland Springs, Va.—No Treasury notes issued by the Commonwealth of Virginia during the war between the States are not now redeemable. The reconstruction acts of Congress expressly provide that the obligations of the seceding States were to be repudiated when they returned to the Union.

The Kaiser's Deformity.
R. H. H., Richmond-Kaiser William's left arm is paralyzed. He has trained himself to hold the rein with it when he rides, but this is the only use to which it is put. Direct dates from his birth, and it is ascribed to the carelessness of a physician. The left arm is four inches shorter than the right, and it has a malformed hand with only rudimentary fingers.

Setting Colors in Goods.
Mrs. F. E. N., Lynchburg, Va.—To set colors in goods, mix a tablespoonful of oxgall in each gallon of cold water and leave articles in this for two hours, or make a strong brine of fine salt and cold water and soak the colored goods in it before washing.

Whitewash.
C. R. M., Chesapeake, Va.—To make the whitewash which is used on the lighthouses maintained by the government, along the coast, take a bushel of unslaked lime, slake it with boiling water, cover during the process with a cloth, strain the liquid through a fine sieve or strainer, add to it a peck of salt, previously dissolved in water, three pounds of ground rice boiled to a thin paste and stirred in while hot; half a pound of Spanish whiting and one pound of glue, previously dissolved in water, and water, and then hanging over stove in a small pot hung in a larger one (the water in the larger one should be hot water) to the mixture, stir well and let it stand a few days covered. It is the best whitewash for lighthouses, and it can be kept in a portable furnace.

Voice of the People

Letters must give the name and address of the writer. Name and address not published if writer so requests.

Use More Milk.
To the Editor of the Times-Dispatch:—Sir,—Of all the foods, milk is one of the most important. Yet the food value of milk is far from being understood by the people. The public mind has been kept in a state of confusion as to milk. Many have considered it only as a beverage, or a food for infants, or too, as infant food only, not "strong" enough for adults. Milk is far from being a food for infants. It ought to be, just recently, in the month of June, the United States Department of Agriculture issued a bulletin dealing with the proper feeding of infants with milk and milk products, and showing milk to be an economical food even at a price of 15 cents per quart. In energy-giving powers, one quart of milk is equal to eleven ounces of sirloin steak, or three-fourths of a pound of round steak, or eight ounces of eggs, or 10.7 ounces of meat, says the bulletin. It is recommended that milk be used as a "building food" as two large eggs cost 20 cents, while a quart of milk costs 15 cents.

Milk will not support